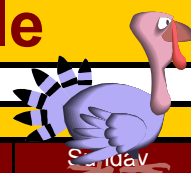



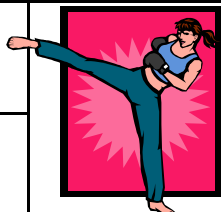

# USAG Franconia Fitness Schedule

## November 2005





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KickNpunch Power 0630-0730 Diana		Body Conditioning 0630-0730 Diana	 <b>Join Diana for morning PT!</b>		<b>Turkey Trot 10k Run Kloster Forest 19 November</b>	
Super Step Ab Attack 1800-1930 MSG Michael Dent	Cardio Kickboxing Ab Attack 1800-1930 MSG Michael Dent	Super Step Ab Attack 1800-1930 MSG Michael Dent				


### Giebelstadt Gym 352-7223

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 0630-0730 Kareem		Spinning 0630-0730 Kareem		Spinning 0630-0730 Kareem		
TurboKick 1800-1900 Patricia		TurboKick 1800-1900 Patricia		TurboKick 1800-1900 Patricia		

### Leighton Gym 350-6115

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Kickbox 1715-1815 Courtney	Super Spin+Abs 1715-18 Courtney	Step and Sculpt 1715-1818 Courtney	Spinning 1715-1800 Courtney	<b>Turkey Meltdown Aerobathon</b> <b>Sat, 26 Nov 05, 1000-1300</b>		
	Tae-Kwon-Do 1815 Kasey		Tae-Kwon-Do 1815 Kasey			
				Personal Trainer Patrick: 01701117367	Tae-Kwon-Do 1200 alternate Saturdays	Personal Trainer Kasey: 01758322692

### Larson Gym 355-2611

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Aerobics 1800-1900 Vanessa	Yoga 1830-1930 Dawn	KickNpunch Power 1830-2000 Diana	Yoga 1830-1930 Dawn		<b>Yoga begins Nov 10!</b> <b>Bring your own Mat.</b>	

### Class Descriptions

**Ab Attack:** Join us for 30 minutes of abdominal blasting to help you get that six pack.

**Body Conditioning:** For beginners and advanced, this class uses weights, body bars, steps, and your bodyweight efficiently to firm and sculpt your body. Each class is different but focuses on bums, legs, and tums.

**CardioKickbox/TurboKick:** Get an awesome lower and upper body workout integrating boxing and kicking moves. These tough high energy classes involve lots of squats, lunges, kicks, jacks, and punches.

**KickNpunch Power:** A mixture of taekwondo, kickboxing, and karate improves your speed, balance, agility, and confidence as you work your body through a series of dynamic and explosive movements. For beginners and advanced.

**Step and Sculpt:** Step to body rocking music and finish up with a killer dumbbell workout to tone that upper body.

**Super Step:** A very motivated and energetic instructor will give you a workout you will not forget.

**Spinning:** A great non-impact class for everyone. You set the level of intensity by adjusting the bike's resistance.

**Super Spinning:** Tough Class - Finish up 30 minutes of intense spinning with a weight and abdominal workout!

**Yoga:** Strengthen, stretch and destress in a class for beginners to intermediate fitness and flexibility levels.

You provide a non-slip mat (PT mat is fine)...we provide the positive attitude!

email Sylvia Martin at [sylvia.guise@us.army.mil](mailto:sylvia.guise@us.army.mil) with schedule inquiries. Call Fitness centers for Personal Trainer fees.

**No classes on Federal and Training Holidays.**